

# Sun Safety

## Quiz: Understanding Skin Cancer

Circle ALL Correct answers for each question.

- 1. How many people in the United States are expected to get skin cancer this year?**
  - A. one hundred thousand
  - B. four hundred thousand
  - C. over one million
  - D. four million
- 2. More people in the United States will get skin cancer this year than all people who get cancers of either the prostate, breast, lung, or colon combined.**
  - A. true
  - B. false
- 3. Currently, how many people in the United States are expected to get skin cancer in their lifetime?**
  - A. three out of every ten
  - B. two out of every five
  - C. one out of every five
  - D. one out of every two
- 4. Everyone, regardless of skin color, can get skin cancer.**
  - A. true
  - B. false
- 5. Skin cancer rates are rising because of what factors?**
  - A. people use too much sunscreen
  - B. people today wear less clothing when outside than they did years ago
  - C. the ozone layer in the stratosphere is thinning
  - D. the world climate is getting warmer
- 6. There are how many major types of skin cancer?**
  - A. one
  - B. three
  - C. four
  - D. ten
- 7. The most dangerous skin cancer is called?**
  - A. melanoma
  - B. lupis
  - C. basal cell carcinoma
  - D. rickets
- 8. Which combination of personal characteristics would give a person the highest risk for skin cancer?**
  - A. brown eyes, dark skin, black hair
  - B. blue eyes, light skin, has many moles
  - C. green eyes, dark hair, no moles
  - D. brown skin, brown hair, has many moles
- 9. Getting a tan will help your skin remain smooth and healthy.**
  - A. true
  - B. false
- 10. What are some recommended ways to prevent skin cancer?**
  - A. apply mineral oil to your skin
  - B. seek shade when outdoors
  - C. apply broad-spectrum sunscreen with a SPF of 15 or greater to exposed skin
  - D. sunbathe regularly
  - E. wear a wide-brimmed hat and long clothing
  - F. avoid getting sunburned
- 11. During which time frame is it best to reduce contact with sunlight?**
  - A. 1 p.m. to 5 p.m.
  - B. 10 a.m. to noon
  - C. 2 p.m. to 4 p.m.
  - D. 10 a.m. to 4 p.m.
- 12. Consistent use of sunscreen will completely protect a person from skin cancer.**
  - A. true
  - B. false
- 13. Tanning salons can provide a UV-induced tan without damaging your skin.**
  - A. true
  - B. false
- 14. How often should you perform a self skin examination with a hand mirror to check moles and other possible signs of skin cancer?**
  - A. every day
  - B. every week
  - C. every one to three months
  - D. every six months

## Quiz: Answer Key

**1. How many people in the United States are expected to get skin cancer this year?**

C. over one million

**2. More people in the United States will get skin cancer this year than all people who get cancers of either the prostate, breast, lung, or colon combined.**

A. true

**3. Currently, how many people in the United States are expected to get skin cancer in their lifetime?**

C. one out of every five

**4. Everyone, regardless of skin color, can get skin cancer.**

A. true

**5. Skin cancer rates are rising because of what factors?**

B. people today wear less clothing when outside than they did years ago  
C. the ozone layer in the stratosphere is thinning

**6. There are how many major types of skin cancer?**

B. three

**7. The most dangerous skin cancer is called?**

A. melanoma

**8. Which combination of personal characteristics would give a person the highest risk for skin cancer?**

B. blue eyes, light skin, has many moles

**9. Getting a tan will help your skin remain smooth and healthy.**

B. false

**10. What are some recommended ways to prevent skin cancer?**

B. seek shade when outdoors  
C. apply broad-spectrum sunscreen with a SPF of 15 or greater to exposed skin  
E. wear a wide-brimmed hat and long clothing  
F. avoid getting sunburned

**11. During which time frame is it best to reduce contact with sunlight?**

D. 10 a.m. to 4 p.m.

**12. Consistent use of sunscreen will completely protect a person from skin cancer.**

B. false

**13. Tanning salons can provide a UV-induced tan without damaging your skin.**

B. false

**14. How often should you perform a self skin examination with a hand mirror to check moles and other possible signs of skin cancer?**

C. every one to three months

